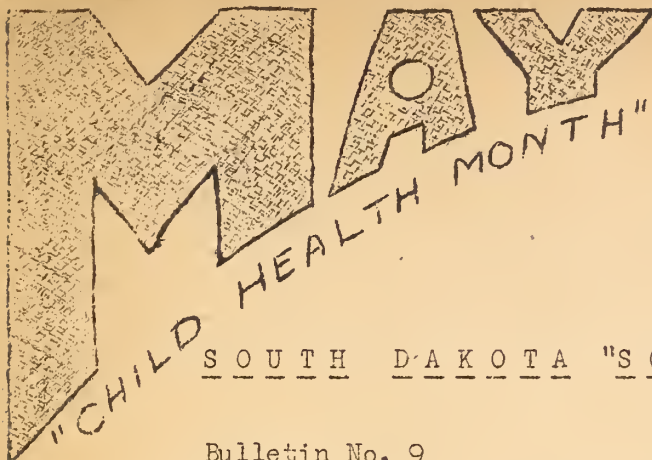


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UNITED STATES DEPARTMENT OF AGRICULTURE  
PRODUCTION AND MARKETING ADMINISTRATION  
56 Third Street, S. E.  
Huron, South Dakota

SCHOOL LUNCH PROGRAM

SOUTH DAKOTA "SCHOOL LUNCH" NEWSLETTER

Bulletin No. 9

MAY 1946

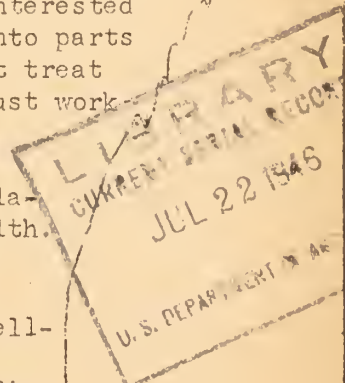
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CHILD HEALTH IS OF PRIMARY IMPORTANCE

"...Mental health, in part, follows physical health.... We have great need of a nation which is mentally and physically strong. Therefore, we must pend every effort towards building abundant health and vitality through the constant practice of good nutrition. This is a challenge. To meet this challenge, all official and voluntary agencies, whose work deals with nutrition, must intensify and extend their efforts to make people everywhere conscious of the importance of practicing good nutrition to build sound health.

"...The health of the Nation's children is of supreme importance. The problem of maintaining and improving their health and well-being is the concern of the many agencies and interested individuals. However, we cannot 'divide up' the child into parts with which the different agencies can deal. We must treat him 'as a whole'. In order to do this, ...(all) must work together for the benefit of the whole child.

"...Better nutrition of the entire population will lead us far along the road to better health. No one doubts that improvement of health of the Nation will pay dividends in actual dollars and cents. It will also pay dividends in increased well-being and happiness." - - M. L. Wilson, Chief, Nutrition Programs, USDA.





1945-46 LUNCH PROGRAM OPERATIONS CONTINUE TO JUNE 30

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Regardless of the approximate closing date which a sponsor indicated on the application last fall, school lunch programs may continue under their contracts until they actually close. However, such closing date under the existing contracts cannot be extended past June 30. All agreements or extensions thereto automatically terminate as of June 30, 1946.

NOTIFICATION OF FINAL CLAIM

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When sponsors submit their final "Report and Claim" for the year, which will cover their last month of operations, it will be appreciated if our office will be advised by the sponsor that such "Report and Claim" is the last one under their contract for the current year and that no further claims will be forthcoming. Be sure to do this, please.

POINTS OF INFORMATION

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Schools should plan now for the closing of their programs at the end of the school year. Reduce your food stocks to a minimum so that no perishable foods are left over at the close of the program. See that all non-perishable foods which are held over the summer months for your next school year's program are properly stored so as to avoid spoilage and waste.

It would also be advisable for the schools to make a complete inventory of School Lunch equipment. Be sure to include table ware, cooking utensils, chairs and tables, as well as stoves, refrigerators, etc. Keep a copy of your inventory with your school lunch records.

All sponsors are urged to keep copies of their menus used during the school year and any other notes or comments on the past year's operations so as to be in a better position to benefit by your past experience in next year's program.

SCHOOL NOTES

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The Board of Education at Milbank, S. D., is planning a new building which will include complete lunch room and kitchen facilities.

Sisseton Public School, O. K. Thollehaug, Supt., is planning to enlarge their school lunch dining room for next year and will also add new equipment.

Volga Public Schools, J. C. Miller, Supt., report planning a school garden. They hope to "top" their figure of last year when about 1200 quarts of tomatoes, peas, beans and corn were canned. May we hear from any other schools planning gardens?

Belle Fourche Public Schools, W. Marvin Kemp, Supt., report they are contemplating improvements in their kitchen for next year.

The Jefferson School at Huron, A. J. Lang, Supt., and R. M. Hess, Prin., are contemplating a purchase of a new range for the lunch kitchen in this building. Huron operates programs in five different schools in the city system.



The Gary Public School, Mr. W. M. Hunting, Supt., has an outstanding feature in its method of handling menus. Each month the PTA committee and the cook prepare menus for a month in advance. Mimeographed copies of the monthly menus are sent to all parents. This affords the parents the opportunity to see the fine balanced meals offered and at the same time aids the cook in preparing meals. The PTA of the Gary Public School and Mr. Hunting, Supt., are to be congratulated on this fine feature.

Mrs. Mary A. Woods, East Valley School, Hyde County, has served hot lunches in rural schools of South Dakota for 23 years. She has taught in schools in Charles Mix, Gregory, Lyman and Hyde Counties. Mrs. Woods has developed active student interest in more adequate lunches and proper eating habits by devising a point system where children receive merit points for eating each of the various types of food listed under a "Type A" lunch.

Food Playlet: Reports reaching our office tell of the fine reaction to the playlet recently distributed on the subject of "Food Conservation." The conservation of food is of primary importance and cannot be too highly emphasized. Every little bit helps, just like the tiny drops of water make the "mighty" ocean and the little grains of sand make up the "mighty" land!

#### NEWS FROM OTHER STATES \*\*\*\*\*

The little town of Bronson, Iowa has conducted a hot lunch program since 1921. Each fall 25 or 30 mothers gather for a "canning bee!" The present cook, Mrs. Ray Glann, helped organize the original program and is now completing her 25th year of service to the program.

L - U - N - C - H

The Edgeley Girl Scouts of Edgeley, North Dakota conducted a "Fat Salvage" campaign to raise money. (Perhaps schools in South Dakota could put this idea to use in gaining some extra money for their program and in helping the critical situation in fats and oils. Let's hear about it!)

L - U - N - C - H

From Marshall, Minnesota -- Students Here Study Diet Effects on Rats -- For the past month, the Home Economics classes, under the direction of Miss Doris Neldner, and the Biology classes, under the direction of Mr. Elmer Wickstrom, have been carrying on experiments in nutrition with white rats. Four white rats were purchased from Turttox Company in Chicago. They were immediately, upon arrival, christened, Eenie, Meanie, Minnie and Moe.

The purpose of the experiment is to show the effects of an improper diet as compared to a good, well-balanced diet.

Eenie is getting a balanced diet. His coat is smooth and glossy. He continually gains in weight and in one month has gained 80 grams. Upon arrival, each weighed 40 grams. Eenie is always full of ambition.

Meanie gets a Vitamin A deficient diet. He has also gained in weight but during the same length of time, he has gained only 71 grams. His fur is not smooth and glossy and he does not have the vitality that Eenie has. His eyes protrude and at present shows symptoms of a cold.

Minie gets no protein. Protein is the body building food and without it, no animal will grow. Minie is the smallest of the four rats. He has lost 22.5 grams during the experiment. He certainly is not the fine healthy rat that Eenie is. His fur is rough and he has very little vitality and usually suffers from colds. His resistance is very low.

Moe, the fourth rat, has a very interesting diet. Every day he eats about one-fourth of a weiner, one-eighth of a slice of bread, one-fourth of a small potato, and one-half of a cookie. He gets everything but milk, fresh fruits, and vegetables and has gained 36.6 grams. His resistance to colds is extremely low and he has little ambition.

The rats with the deficiencies tear up the paper in their cages, which probably shows their general dissatisfaction with their diets. Eenie, the properly fed rat, never tears his paper.

The students and instructors of the nutrition classes would like to have the public follow the experiment and come to the school and observe the experiment.

The grade children look forward very eagerly to their weekly visits to the rats.

Gloria Johnson expressed her views on the subject when she said, "Seeing the rats shows that if you don't get the right foods your body suffers."

"Eenie is the one getting the best food, and he is the best looking and his fur is the softest," stated Barbara Schwandt.

Jeanine Maxson declared, "I like to see the rats, but I don't think I would want one for a pet."

Moe is the one I feel sorry for, he looks the thinnest and he is so bashful he always goes under the paper," commented Georgia Lindgren.

The girls are fifth grade students in Miss Irene Nagel's health class. A record of their daily menus for one week were kept by the 120 students in the class. The home ec. classes will tabulate the results to find out what foods are lacking in student's diets.

#### SPONSORS REMARKS \*\*\*\*\*

Father John J. Pohlen of the Tekakwitha Mission at Sisseton reports that the Sisters at the Mission experienced unusual difficulties in combating impetigo among the poorly nourished Indian children until it was made possible to provide a well balanced diet. The aid given by the Federal Government through the Cash Reimbursement Plan enabled the sponsors to purchase items of food not ordinarily served and to provide more adequate school lunches generally.

From G. D. Hendrickson, Supt. Philip, South Dakota, --

"This lunch program is surely a 'going project'. I know of no other activity of the Federal Government that is meeting with as much satisfaction as the lunch program. It tends to be growing each year. There is no doubt but what it has become a permanent part of the school.

"We are planning for a bigger and better program for next year. We are on order for an electric refrigerator and an electric vegetable slicer and shredder. We painted all the inside of the lunch room during the Christmas Holidays.

"The refresher course for cooks and supervisors will just top off the activities of lunch programs. It should be well attended."

#### HINTS FOR FAT COOKERY

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In cooking with fats, avoid excessive heat, as it will spoil fat and the food cooked in it. Also, fats that have reached the smoking point will become rancid more quickly. Among the fats that smoke quickly are butter, margarine, drippings and olive oil.

For all practical cooking purposes, fats may be substituted measure for measure in most recipes, with the exception of pastries. When oil is used instead of a firm fat in pastries, mix the oil with the water before combining it with the flour. When it is used in cakes, mix it with the other liquid ingredients. When using unsalted fat in place of a salted one, be sure to add salt.

Remember, use and reuse fats and oils as long as possible! When no longer fit for human consumption, turn the fat over to your butcher. He will still pay 4¢ per pound, and you will be helping to accomplish the objectives of the Fat Salvage Program.



#### SAVE FAT \*\*\*\*\*

Fats and oils are desperately needed for maintaining a minimum level of health as well as for use in soap to help fight the diseases now rampant throughout Europe and Asia. A teaspoon of fat a day saved by every man, woman and school child in the United States will mean a total saving of at least one million pounds of fat a day. Every drip helps!



## START THAT GARDEN PROJECT NOW!

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We again want to stress the desirability, the urgent need, and the definite value of school garden and canning projects.



It is evident that due to the world-wide shortage of foods in the over-all picture, there will be starvation and near starvation in the war-ravaged lands in Europe and Asia. There simply is not enough food reaching all people in the world to keep everyone on an adequate diet. Many of the less fortunate will die during this year of actual starvation in the war-torn countries. Others will succumb to diseases brought on by malnutrition because of an inadequate diet.

It should be the most fervent desire on the part of all of us to aid those of our fellow human beings in less fortunate circumstance to obtain the best possible diet in order to sustain them through the critical months ahead. The next months ahead will be the critical ones for the peoples of Europe and Asia. Food saved here will save lives over there.

Schools are in a most advantageous spot to help in the food conservation program. By growing as much food as possible in school garden projects and preserving it for use in next year's lunch program, schools will indirectly release an equal quantity of foodstuffs to be shipped overseas. Such a program will also work to the advantage of the schools and their lunch program by saving on purchases of food and by ensuring that the lunch program will have those foods on hand which may possibly be in scarce supply next fall.

Most schools have begun their school gardens already, while others have made extra arrangements with community patrons from whom they will receive fruits and vegetables for canning purposes. Food preservation is of direct interest to schools as well as the housewife.

Here are some good reasons for growing a Victory Garden in 1946: (1) A garden helps add considerably to the world food supply. It supplies part of a family's or school lunch program's food needs, and thus releases other food stocks that can be used elsewhere in the world, (2) Careful planning of a garden means supplying the family's and school lunch program's needs for fresh vegetables, something extra for preserving, (3) Successive plantings will give continuous supplies and late crops, and (4) A garden helps increase family security, by giving protection against possible food shortages, saving money on food bills, providing better nourishment, and increasing the value of the home investment.

You can help to follow through on the slogan of the VICTORY GARDEN program... "Garden and Conserve... to save what we've won."

Any request for technical assistance on your garden project can be directed to Miss Anne M. Wilson, State Garden Chairman, Extension Service, State College, Brookings, South Dakota.

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"Good deeds are like gardens, too. The deeper the roots (of sincerity), and the greater the variety (of courtesy and consideration for everyone), and the more things are watered (with straight thinking and honest effort), -- the greater will be the harvest (of friendship and understanding among mankind)."



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## Superintendent Mentor says:



1. Our school is putting forth special effort to assist with the Emergency Food Conservation Program by carrying out recommendations and suggestions given for schools and school lunch programs. Work has been motivated by: class discussions; talks by our Homemaking Instructor; parent and teacher meetings; showing of movie films of the hunger situation in Europe and Asia; and, following news stories and radio broadcasts on the subject. One Friday afternoon our high school and grade assemblies had the playlet, "The Third Freedom," for a special program. Our garden project is also getting under way and we intend to can and preserve considerable produce for use in our lunch program next fall.

2. The biggest day of our lives is T O D A Y. I was reading about this in "The Art of Successful Living," and here is what it said: Most people want to do big things. They dream of the day when their real powers will blossom forth in all their glory, and something big will be done.

The great trouble about waiting to do the big things is, the years are piling up and nothing is being done.

The day is not far away when one's powers to accomplish will be unequal to one's ambitions, and the dream will remain a dream -- unfilled and unattained. To sit by the dead embers of unrealized dreams is poor comfort for the years to come, and a sad commentary upon one's record of aspirations and achievements.

The big thing can be done by most of us who dream in terms of successful accomplishment.

How? It doesn't take a prophet to disclose the secret. Just ordinary sense and understanding of life will point the way to big achievement -- DO IT TODAY.

Do the little things that lie in our way that must be done--do them now, for the little things well done are the foundations of the bigger things we crave to do. Success is but the accumulation of little things faithfully done.

Today is the most momentous day in your history--it will not come back when once it is gone, carrying with it its record of work. You cannot do tomorrow what should be done today. Tomorrow brings its own work.

Give tomorrow a chance by doing today's work today. The big thing we dream of doing grows out of the little things we do today.

DO IT NOW. TODAY IS YOUR BIG DAY.